

Bucs streaking toward their goal

By Tom McFall

Andrew College goal-keeper Nieda Soto learned something on her team's visit to Shelton State. The Lady Bucs will flat-out pound the ball within the box for 60 minutes.

From the very start, the Bucs crossed midfield and stayed there for the majority of the first half. It wasn't long before mid-fielder Bo Hartley Davis found for-



The Shelton defenders, in white, close in on the Andrew College forward. The Bucs went on to win the game 4-0.

Photo by Rachel Ross

ward Monica Robinson for the first score of the game. Although the Andrew players tried to clear the ball, the Shelton State defenders were unforgiving. Any balls

See Soccer
Page 2

Precious Privilege



Constitution Day Taking advantage of the festivities of the day, Blake Boblitt and Zed Perrigin sign up to vote while Ambassadors Monica Stacy and Erica Stacy staff a display.

Photo by Keith Huffman

Courier in on the word: relief coming to college students

By Keith Huffman

Without a doubt, the main concern linked to most college students' paranoia is not whether he or she will pass midterms and finals, but rather how they will manage to pay for their education.

Sympathizing with this issue, the Democratic-led congress passed a new leg-



House Majority Whip James Clyburn (D-SC) initiated the CCRA in Congress to help students pay for college.

islation, the College Cost Reduction Act (CCRA), which is intended to ease students' financial burdens by making college "more affordable."

During a Sept. 20 tele-

See Relief
Page 7

Fredd campus looking to expand



This is one of the areas that Shelton State hopes to expand into adjacent to the Fredd campus. The college hopes the city will donate the land. Photo by Rachel Edwards

By Rachel Edwards and
Published Reports

Fredd Campus Director Ronald Range is happy there is talk in the news about his campus's hopes to expand its facilities. "It's been an initiative we've been trying to secure for two years for West Tuscaloosa, and we cannot wait to get started!" he said a couple of days after the *Tuscaloosa News* broke the story.

According to the *News*

See Fredd
Page 6

Breast Cancer
Awareness
soccer match
slated for
Oct. 20!

**Inside
The
Courier**

•Saucy & demure nursing pix.....pg. 4

•Learn how to not get burned when
things around you get
truly hot.....pg. 7

•At least one Shelton student is willing
to "Buc" fashion trends....pg. 8



Soccer from Page 1

kicked their way were quickly forwarded ahead to awaiting players. mid-fielder Kristen Knarr's aggressive play paid off again with an assist to Bo Hartley Davis who kicked a great shot into the net for the second score.

In the second half, the Andrew Tigers were able to bring it across midfield with more success, but no goals scored. Shelton State goalkeeper Kathryn Ownes was comfortable in the box. Protected by her attentive defenders, Ownes's grips on the ball were few and quickly cleared. Driving hard across midfield, forward Melissa Reid found

Kristen Knarr open and Knarr crushed the ball in for the third score.

More Andrew College attempts to clear the ball were in vain. Balls that soared high into the air were skillfully headed by Lady Buc players like defenders Tonie Love and Amy Snow. mid-fielder Angela Tudisco played well, driving past defenders setting up attempts on goal. A pass to Monica Robinson quickly found her swarmed. Robinson kicked a high ball

towards the goal. Bouncing off the post, Melissa Reid kicked the ball in midair for the final score.

Head Coach Nellie Christian spoke after the game about the recent two-game tournament wins in South Carolina the weekend

blown out anybody. But, on the other hand, we haven't allowed anyone to score but for one goal. If they can't score they're not going to win."

The Lady Bucs are now qualified and invited for the District Tournament in



The Shelton Bucs kept the pressure on Andrew College with another shot on goal during their recent victory. The Bucs record stood at 11-2-1 in early October.

Photo by Tom McFall

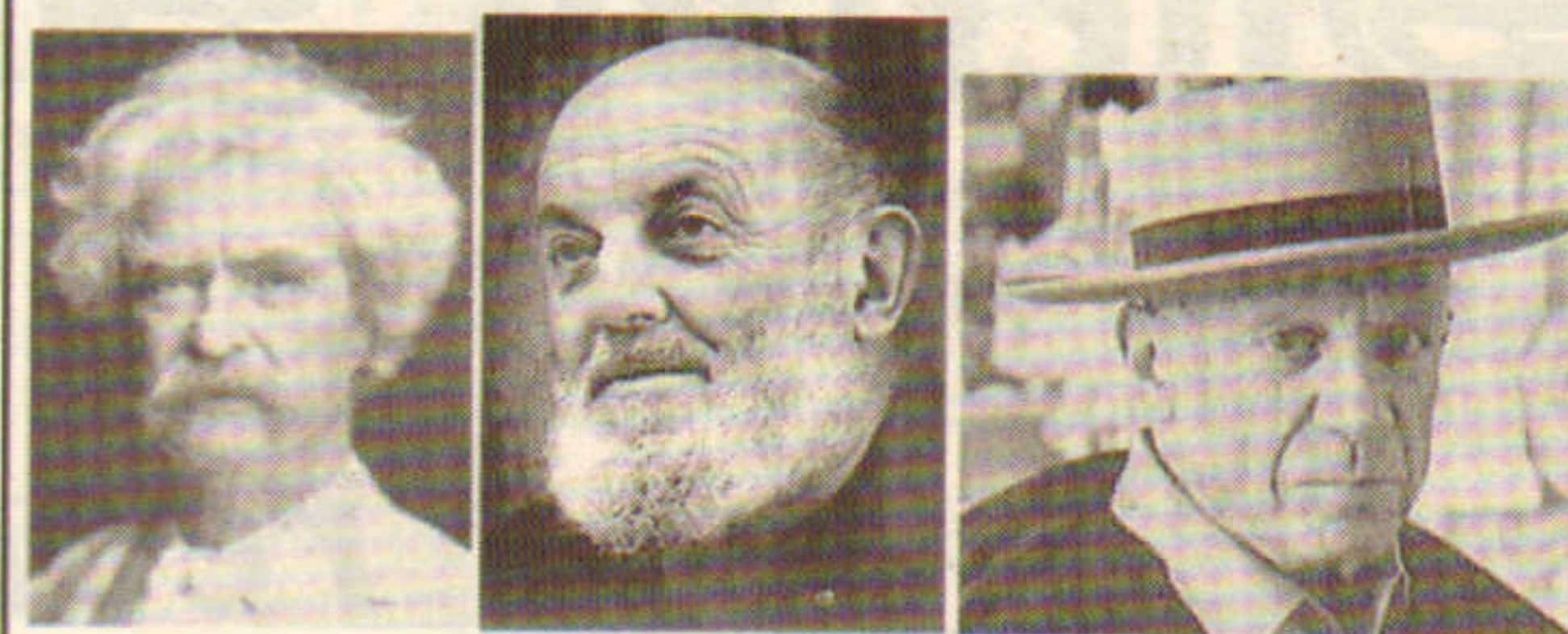
before. "Whenever you can get two wins like that it's great. Playing on the road is very difficult. We left Saturday morning at 6:30 [am]; we got there and played at 4 [pm]. We had a 2-0 win, pretty solid. Sunday we played at 3:00 (pm) and won 2-1."

After the Andrew game, the Lady Bucs allowed only one goal in seven games.

Asked about this accomplishment, Coach Christian commented, "The girls are doing very well. We haven't

Lakeland, Fla. which will take place in November. The best of each of the four regions will be there. Said Coach Christian, "If you win, you stay in. If you lose, you're done. You're always going to get a very good game no matter who you play against."

See Soccer
Page 7



(Not our panel of judges)

Attention artists, poets, prose writers and photographers:

Once again this year in December the *Shelton State Courier* will present *Maxwell's Crossing*, the literary and fine arts publication of Shelton State Community College.

All students, faculty & staff and college supporters who are members of the Shelton State Alumni Association are eligible to submit written and visual materials for inclusion in the publication.

There will be prizes awarded this year for the best works in the following categories:

Best Fiction Work
Best Non-fiction Article
Best Photograph
Best Painting or Sketch
Best Poem

Submissions should be made without the artist's name appearing on the material; rather, the artist and work's names and/or description should be attached by index card.

Qualified judges will make the final selection for the prizes and awards. Selectees will receive both an award with their names embossed and an appropriate gift and will be feted at the *Courier/Crossing* Christmas party.

You may submit as much material in as many categories as you like, though the staff of *Maxwell's Crossing* will be the final arbiters of what shall appear in the publication. All material must be submitted by Monday, Nov. 26 at 5 p.m. to the Courier office, Rm. 2319.

Awards and prizes will be made this year courtesy of the Shelton State Foundation

The *Shelton State Courier* is brought to its readers by the academic and extra-curricular programs of Shelton State Community College.

Shelton State Courier

Editor

Matt Celozzi

Staff Writers

Michelle Bailey

Keith Huffman

Tom McFall

Web Developer

Elizabeth Wiley

Copy Editor

Victoria Ashley

Publisher

Dr. Jim Kenny

The *Shelton State Courier* is a campus newspaper, written and produced with the help of students.

Among its functions, it is intended as a vehicle for student expression, and all students are urged to participate with submissions of written and artistic material.

The college seeks to fulfill the statement for academic freedom in working with the students in the pro-

duction of this paper.

All publications are subject to review by the Publications Action Group, which has been delegated the responsibility to review all college publications for content and accuracy.

The *Courier* is an equal opportunity employer and student organization. All students are encouraged to participate.

October sees plethora of Quality events

The reinvigorated Quality Council of Shelton State has a full slate of events for October designed to engage the college's employees in both useful and just-fun activities.

The Council began its activities with a well-attended Kick Off Celebration on Tuesday, Oct. 2.

Over Shelton's classic clear-and-sparkling punch the various Site teams became acquainted internally and externally and drew their plans for the month.

The first fun event will run from Oct. 12-31 when the Admissions Office windows will be the

purchased for a nominal amount—with the proceeds going to charity—and posted on boards in the atrium. Many people will enjoy reading the nice things employees do for one another around the college.

One of the most popular and "spectacular" events annually at the college is the paper airplane contest, this year called "Flying High for Quality." With the launching point of the third floor atrium, the results range from abysmal to truly breath-taking. Come to the atrium on Thursday, Oct. 18, to see who has aerodynamic skills to make the crowd ooh and ahh.

An awards program to recognize noteworthy accomplishments by faculty and staff on the local, state or national level is scheduled also for the Oct. 18 in the atrium from 3-4 p.m.

Creativity in both food and presentation will be required to take top honors in the Teams Who Cook contest on Friday, Oct. 26. Everyone is urged to make up a team and rustle up some grub and display the finished product in a theme of their choosing. Tables will be judged for



Taylorville Primary trick or treating

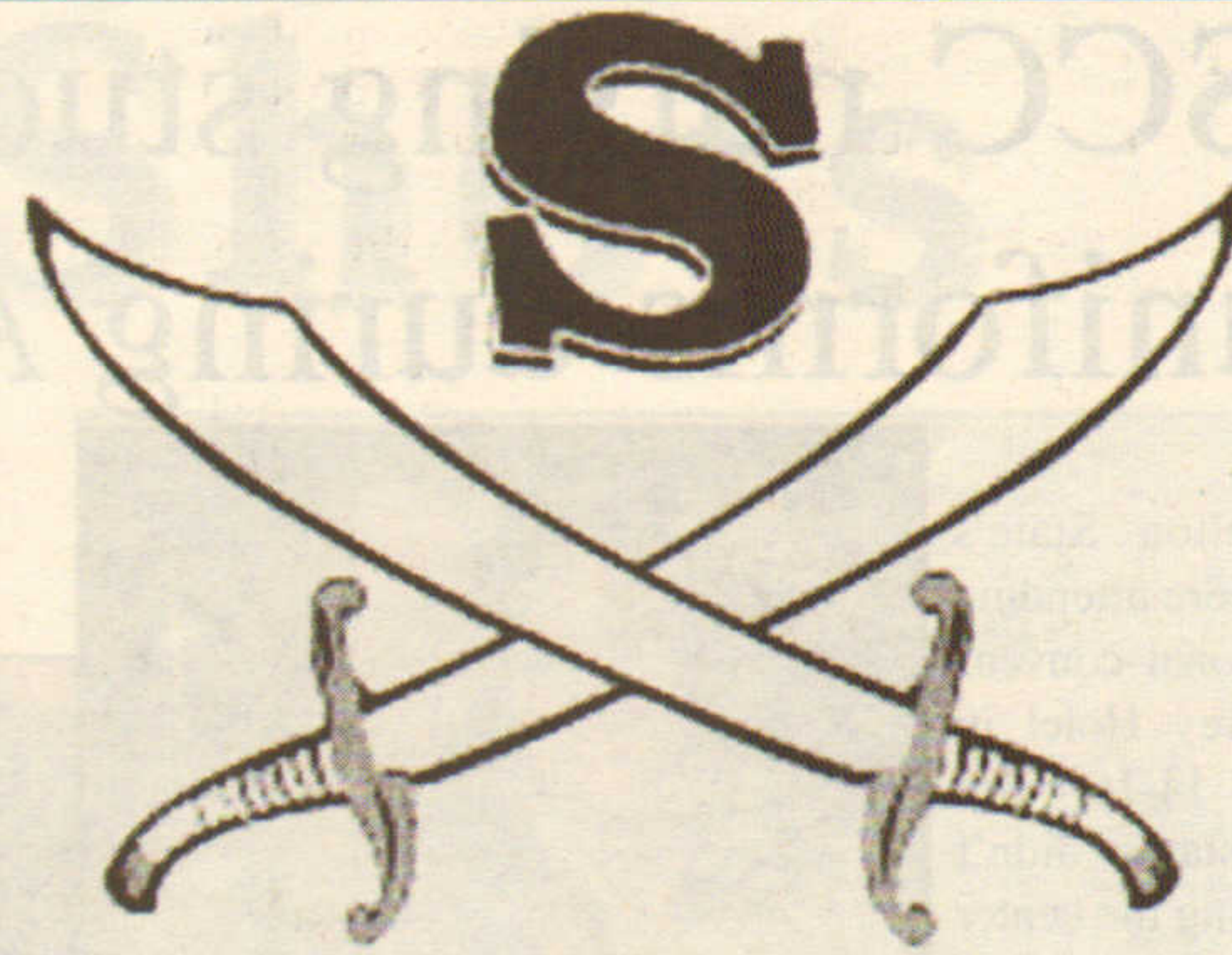
gathering place for employees to guess the identities of their fellow workers from their baby pictures. This contest has been held before, producing a feverish rash of discussions but questionable results. Someone with a good eye for baby flesh should be able to make a real impact here.

The venerable "Thank Qs" will be back once again from Oct. 15-31. Little notes of appreciation can be

originality, creativity and adherence to theme.



Thank Q's on display



Shelton State Community College

Athletic Department Golf Tournament

Friday, October 19, 2007

11:30 a.m. - Lunch

1:00 p.m. - Golf

**Woodland Forrest Country Club
Tuscaloosa, AL**

Four Man Scramble

\$100.00 Per Player

\$100.00 Hole Sponsors

Prizes will be given for:

- Top 3 Teams
- Low Gross Team
- Closest to the Pin
- Longest Drive
- Putting Contest (fee)
- Door Prizes

For more information:

Call Barry Mohun at (205) 391-2918

The traditional grand finale will once again occur of Quality Month will once again revolve around the Halloween theme on Oct. 31. Shelton State students, faculty and staff have risen to the occasion in the past with such hard-to-forget costumes as: Forrest Gump, Beetlejuice, the Financial Aid beauty queens and many more. Prizes will be

awarded, so the Council urges everyone to not be shy and give it a try.

Probably the cutest photo-op of the year will follow the costume contest when the kids from Taylorville Primary will once again make the rounds of trick-or-treating. Probably more pictures than pieces of candy will be given and taken as the

youngsters trundle through the atrium.

If anyone inside or outside of Shelton State has questions about this year's events, call Martha Key in the Counseling Center at 391-2231. Key reminds everyone that "Quality Means Making a Difference."

SSCC nursing students model classic uniforms during ASNA convention

Many of Shelton State's nursing students were attending their first professional convention at the Wynfrey Hotel in Birmingham Sept. 14-16. But their newcomer status didn't stop them from being the center of attention—and the stars of the show.

The Nursing Fashion Show was the featured entertainment at the award banquet on Friday night, with Shelton State and UAB students doing the honors with today's and yesterday's uniforms.

As it turned out, the most challenging (and scariest) modeling assignment was not the haz-mat getup but entailed finding someone who could fit into SSCC instructor Sandra Warren's 1960 DCH School of Nursing uniform with its 19-inch waist. It was finally determined that Brandy White fit the billing. She also donned instructor Lois Griffin's DCH cape from yesteryear and took turns looking demure and saucy during the show.

The nursing students captured the looks of the profession from Florence Nightingale in the 19th century to those dressed for a disastrous chemical spill of today.

Of course the convention was not all food and fun, the students—and the Shelton State faculty—attended workshop sessions on topics such as obesity, environmental health, advanced practice and leadership.

One of the important themes of this year's convention was



Taking part in the fashion show were (top to bottom and L-R) Brandy White and Olivia Wright; Wright, UAB student, White, Nakeema Blair, and three other UAB students; White; Erin Chesser and Blair. Photos by SSCC Nursing Program



the need to address the realities of Alabama's aging nurse workforce. Going into the convention one resolution of the ASNA featured these items:

- 47% of Alabama nurses are over 45 years old and 20% of those will leave the workforce by 2010
- 87% of state staff nursing positions are held by those over 45
- virtually no hospitals in the state have policies to deal with the aging nursing population
- recruitment and retention of older nurses has become the key element of meeting staffing needs
- by 2010, 40% of the national RN workforce will be over 50
- aging nurses have issues to be addressed in three areas—personal, normal aging concerns and work environment concerns
- dealing with the aging nurse population will greatly help the nurse staffing situation
- the ASNA will team with the hospital, nursing home and other interested parties to address this issue

Yes, the nurses—including the SSCC nursing students—took on important issues during the recent convention, but they got to play dress-up as well. And that was fun for everyone.

Welcome Back!

Oct 18 JOX Radio Live with Al Del Greco, Jay Barker and Tony Kurre from 6 a.m.-10 a.m.!

Welcome!

**Chamber of Commerce West Alabama
"Second Tuesday" After Hours Mixer**

Oct. 9, 5-7 p.m. Atrium

Shel-Shots



Once again hundreds turned out and thousands of dollars for scholarships were raised at the annual BBQ Bash on the Martin campus.
Photo by Kelsie Fair



Though the fall baseball games don't count in the standings for the Alabama Community College Conference, they're still hotly contested.
Photo by Tom McFall



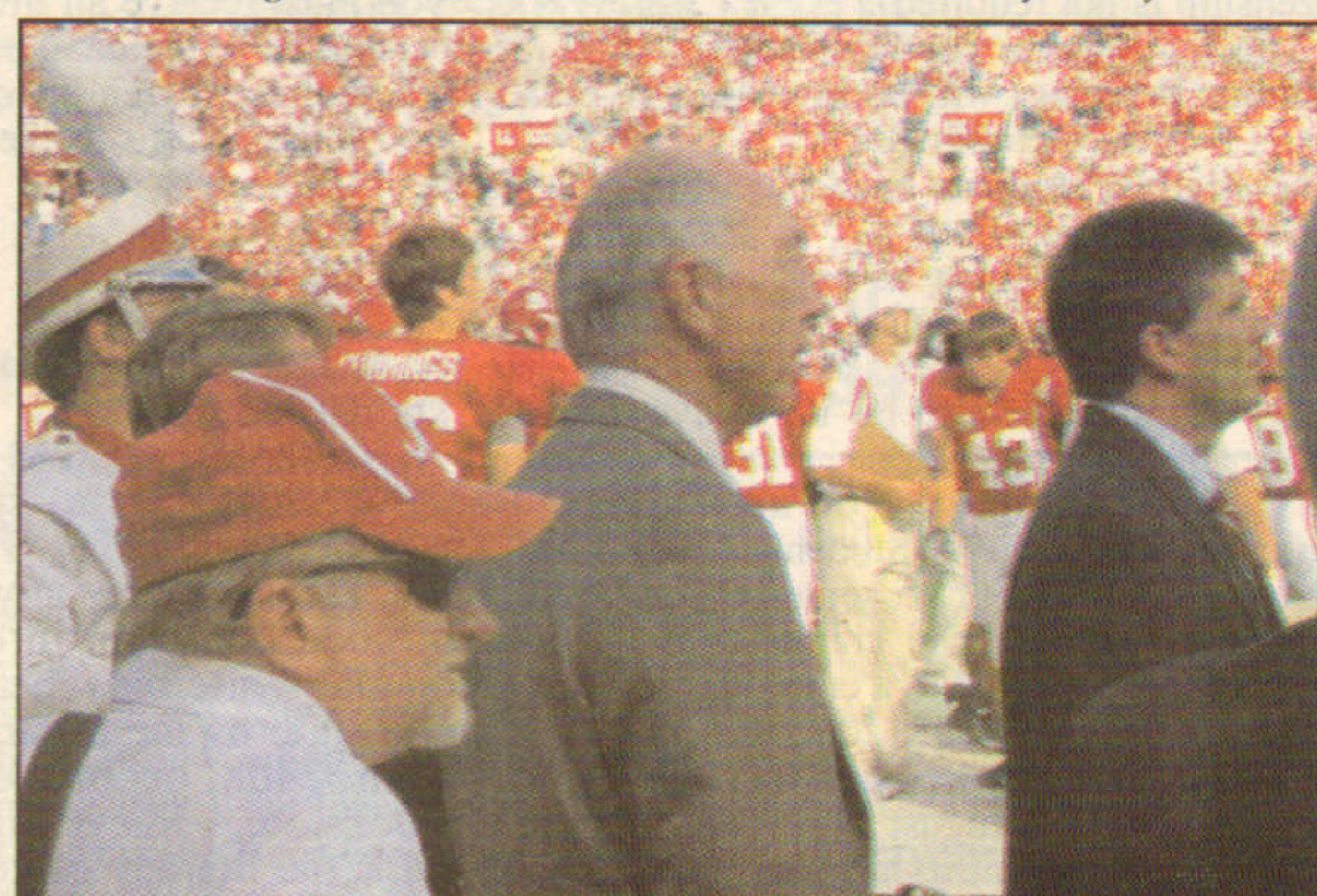
At the Kick Off rally for Quality Month most of the faculty and staff were there to express their enthusiasm and chow down on the munchies
Photo by Matt Celozzi



Everyone says the Martin campus of Shelton State is one of the most beautiful areas in West Alabama. If that is so, then capturing it with a rainbow arching over must make it even more so... Photo by Sherry A. Prisoc



Governor Bob Riley and a contingent from Shelton State were among the many of hundreds—perhaps thousands—who attended Be Ready Day at the Tuscaloosa airport on Sept. 28. Photo by SSCC Nurses Program



An enterprising member of the Courier staff found himself next to the UA Homecoming Grand Marshall Bart Starr during the Alabama-Houston football game.
Photo by Tom McFall

News From Phi Theta Kappa



Fall '07 Announcements

Phi Theta Kappa meetings for Fall Semester will be held in the D Rooms on the following dates and times:

Wednesday, September 12, 12 noon

Wednesday, October 17, 11 a.m.

Wednesday, November 14, 11 a.m.

December TBA

Lunch provided, or bring your own.

Applications for the All-USA/All-Alabama Academic Scholarships will be available on October 8.

Contact Claire Brock in the Phi Theta Kappa office, Room 2408 or call 391-3918 or email cbrock@sheltonstate.edu for more information.

To be eligible, students must meet the following criteria:

* Must be enrolled at a community college through December 2007.

* Must have a cumulative college-level GPA of 3.25 on a 4.0 scale for all coursework completed in the last five years.

* Students must be on track to earn an Associate or a Bachelor degree. Students need to have a minimum of 45 semester college-level credits completed at or transferred to a community college by December 31, 2007 and 53 semester college-level credits by August 31, 2008. Students must have a minimum of 30 semester, college-level credit hours completed at a community college in the past five years.

* Must not have been nominated previously for the All-USA Community College Academic Team.

* Must have a community college record free of suspension, probation, and serious disciplinary action, and must not have rights of citizenship abridged due to criminal conduct (U.S. citizenship is not required).

Applications for the Guistwhite Scholar Program will be available on October 8.

To be eligible, students must meet the following criteria:

* Applicant must be enrolled at community college through December 2007.

* Applicant must be an active member of Phi Theta Kappa.

* Applicant must be on track to earn a bachelor degree. Students need to have a minimum of 45 semester (or 60 quarter) college-level credits completed at or transferred to a community college by December 31, 2007 and 53 semester college-level credits (or 79.5 quarter credits) by August 31, 2008.

* Applicant must have a minimum of 30 semester college level credits (or 45 quarter credits) completed at a community college in the last 5 years.

* Applicant must hold a minimum cumulative grade-point average of 3.5 on a 4.0 in all college-level coursework completed in the last five years.

* The applicant should expect to transfer to a four-year institution in 2008. At the time of transfer to a regionally accredited four-year institution, the student must be admitted with junior-level status in his/her major program of study and be enrolled in a minimum of six credit hours per semester.

* Must have a community college record free of suspension, probation, and serious disciplinary action, and must not have rights of citizenship abridged due to criminal conduct (U.S. citizenship is not required).

Altering the Guistwhite Scholar Program Application in any way, including spacing provided for responses, is grounds for disqualification. The application will not be accepted via e-mail or fax.

Fall membership recruitment...

The Alpha Epsilon Iota Chapter of Phi Theta Kappa International Honor Society will soon be submitting the names of those eligible to become members for the 2008 fall semester. If you feel you are eligible and have not received a letter by October 18, 2008 please contact Claire Brock at 391-3918 or Julia Speights at 391-2948.

To be eligible, students must meet the following criteria:

* you must be enrolled in a regionally accredited institution offering an associate degree program;

* you must have completed at least 12 hours of coursework leading to an associate degree program (part-time students may be eligible);

* you must generally have a grade point average of 3.5;

* you must receive an invitation to membership from the chapter at the college where presently enrolled;

* you must adhere to the moral standards of the society.

Book Drive

Better World Books is a book drive sponsored by Phi Theta Kappa. Used books are sold online by Better World Books to sponsor the National Center for Family Literacy. Please place any used books in good condition in one of the green and white bins located in the faculty suite by the library, outside Room 2408 or outside the SSCC Bookstore. Recycling used books helps the literacy centers but also saves millions of books from the landfills. Thanks for your cooperation.

Expansion from Page 1

the college wants to expand its C.A. Fredd Campus on the west side on Martin Luther King Blvd. onto adjoining property owned by the city of Tuscaloosa.

Range said there are specific plans for the expansion. "The property will be used for our transportation technology programs. A facility will house the truck driving, auto mechanics, diesel trucking and welding programs."

Tuscaloosa mayor Walt Maddox said Shelton State wants to keep its automotive technology program consolidated at the C.A. Fredd Campus.

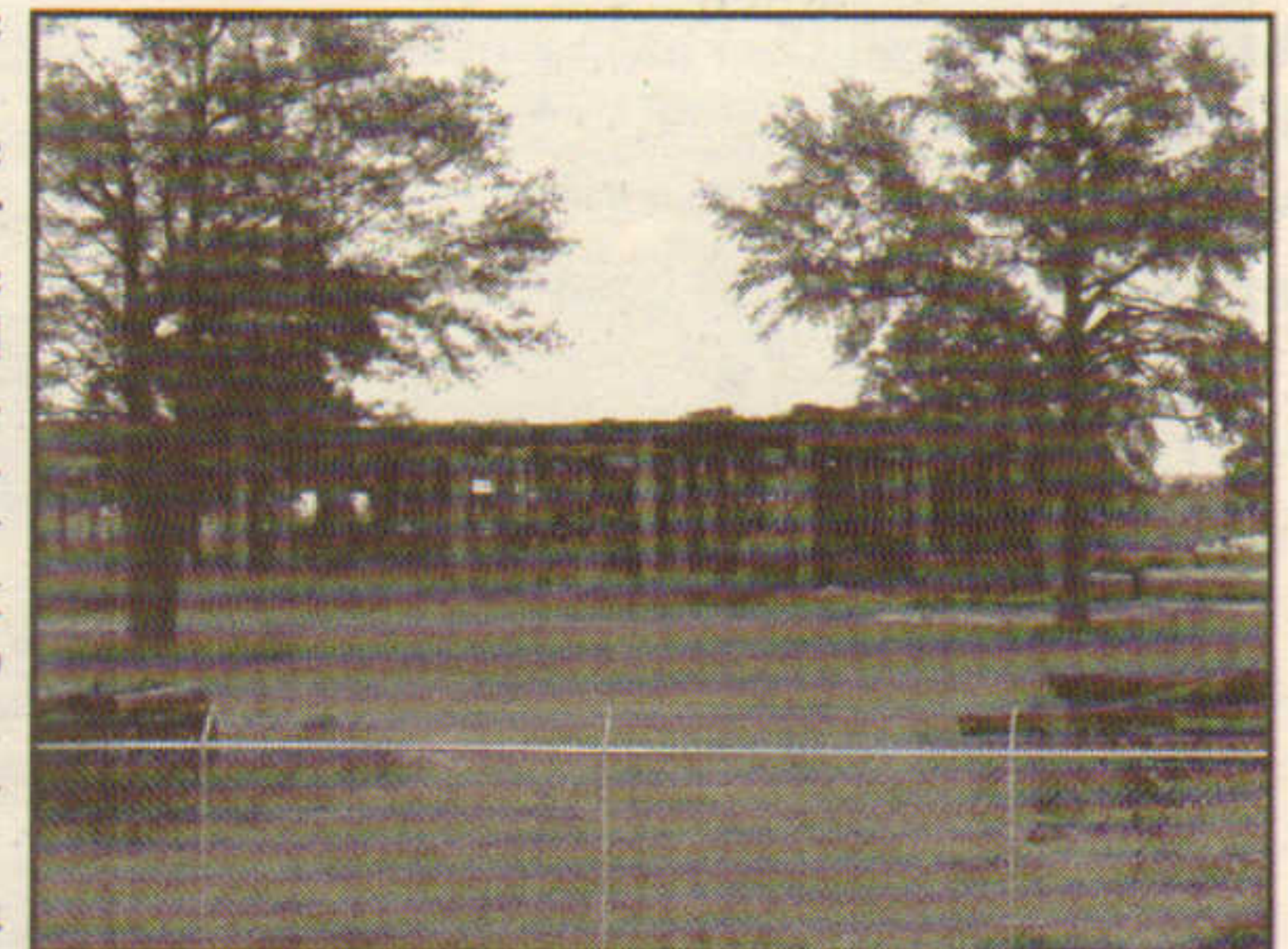
But it needs to expand and would like to put a \$5 million to \$10 million facility on property that now contains the abandoned Kaulton Lumber Co. Sawmill and the abandoned city Water and Sewer Department maintenance shop.

Shelton would like the city to deed the property to the junior college for a nominal fee, such as \$1, Maddox said.

The expansion would bring

40 jobs to West Tuscaloosa and improve the appearance of the property. It would be in keeping with efforts to revitalize the West Tuscaloosa area, he said.

Leigh Hays, the Shelton State spokeswoman, said the 8-acre parcel would allow the C.A.



The old Tuscaloosa water works maintenance shop is one of the sites Shelton State hopes to annex.

Photo by Rachel Edwards

Fredd Campus to expand its instructional offerings. An increase in enrollment, faculty and staff would come with the expansion and would help the economy in the West End, she said.

"It allows us to be a good partner with the city," she said.

Hays said one additional building the college is looking at is a planetarium for the astronomy program which is also headquartered on the Fredd campus.

Auditions For "A Lesson before Dying"

By: Romulus Linney

October 15th or 16th

5:30-8:00pm

Wilson-Carr Rehearsal Hall

Roles Available

2 white Males

20ish African-American Male

1 older African-American Male

20ish African-American Female

1 older African-American Female

The role of Grant is cast.

Cold read from script- No monologue needed

Scripts available at Theatre Tuscaloosa

For more info call 391-2277

Relief from Page 1

conference in which the *Courier* as well as other college media participated, House Majority Whip James E. Clyburn explained the CCRA would provide around twenty billion dollars in financial aid at "no new cost to tax payers."

According to the Sept. 20 press release sent via the web from Clyburn's office in Washington, D.C., the CCRA will increase "the maximum Pell Grant scholarship by at least \$1,090" around 2012, which will set the grant's "maximum value" at \$5,400. The CCRA will also slice "in half interest rates on need-based federal student loans from 6.8... to 3.4 percent over four years."

The press release also states the CCRA will award HBCUs an impressive

When asked if those who receive any of the bill's benefits would be monitored academically so as to keep the opportunities available for serious students who need financial assistance, House Majority Whip Clyburn replied that he expected "every college and university" to keep check on students who receive financial support for their educations, thereby helping all "deserving" students obtain the assistance they need.

The Birmingham News also acknowledged the bill when it ran a Sept. 21 editorial by Alabama Association of Independent Colleges & Universities President Paul Hankins. According to Hankins, the CCRA "has been described as the biggest increase in student aid for college students since the GI Bill" and passed both the Senate and House, respectively, 79-12 and 292-97.



President Bush signs the College Cost Reduction Act into law on Sept. 27 as students from universities around the nation looked on.

"\$170 million in grants... over the next five years" as well. In addition, the bill also "creates a new designation of Predominately Black Institutions -- defined as schools that enroll students in financial need and have at least 40 percent African-American student enrollment." Students who attend such colleges "will be eligible to receive \$30 million in grant aid over five years from programs in the fields of science, technology, engineering, health education, teacher education, and programs geared towards improving the educational outcomes of African-American males."

Hankins also referenced another one of the "highlights" in the bill was "a new loan forgiveness program for graduates who work in public service jobs and faithfully repay their loans for 10 years." He praised Alabama senators Jeff Sessions and Richard Shelby as well as House representatives Artur Davis, Bud Cramer, Mike Rogers and Robert Aderholt on account of their "voting to support this crucial legislation."

President George W. Bush signed the bill Sept. 27, according to the White House's official website.

Red Cross urges fire preparedness

The American Red Cross urges families to prepare for and prevent a home fire during National Fire Prevention Week-Practice Your Escape Plan, Oct. 7-13. Nationally, the number of home fires the Red Cross responds to is up 10 percent since the year 2000. Alarming, only 26 percent of families have actually developed and practiced a home fire escape plan, according to a May 2006 poll conducted by ORC International on behalf of the Red Cross.

"Last year the West Alabama Chapter responded to more than 500 home fires in our seven county service area," said Jenine Daly, Public Spokesperson for the West Alabama Chapter. "Preventing a home fire doesn't require a lot of expensive equipment or training, and Fire Prevention Week is a great time to get started."

"In addition to having working smoke alarms, one of the easiest ways you can prepare is to develop and practice a home fire escape plan so that every family member can escape quickly and safely," continued Daly. "A home fire escape plan includes at least two escape routes for every room in the home, and a convenient meeting place at a safe dis-

tance from a fire."

The American Red Cross offers the following recommendations regarding fire escape plans:

Family plans should include two ways to escape from every room in the home.

Practice your escape plan at least twice a year.

Select a safe location away from the home where your family can meet after escaping.

Consider purchasing and storing escape ladders for rooms above ground level and practice using them.

If you see smoke or fire in your first escape route, use your second way out.

If you must exit through smoke, crawl low under the smoke.

Before escaping through a closed door, feel the door before opening it. If it is warm, use your second escape route.

If smoke, heat or flames block both of your exit routes, stay in the room with the door closed. Place a rolled towel underneath the door. Signal for help by waving a brightly colored cloth or shining a flashlight at the window. If there is a telephone in the room, call the fire department and let them know your exact location

inside the home.

Once you've escaped your home, stay out.

The Red Cross depends on the generous support of West Alabama residents to respond to our neighbors who are affected by home fires. You can help the Red Cross be ready to respond and help fire victims by making a financial contribution to the West Alabama Chapter today.

For more Red Cross fire safety and preparedness information visit www.redcross.org/homefires or the West Alabama Chapter.

All Red Cross disaster assistance is free, made possible by voluntary donations of time and money from the American people. You can help the victims of this disaster and thousands of other disasters across the country each year by making a financial gift to the American Red Cross Disaster Relief Fund, which enables the Red Cross to provide shelter, food, counseling and other assistance to those in need. Contributions to the Local Disaster Relief Fund may be sent to your local American Red Cross chapter or to the American Red Cross, P.O. Box 37243, Washington, D.C., 20013. Internet users can make secure online credit card donations by visiting www.redcross.org

Soccer

from page 2

Recent Away Game
Results:

Friday
Shelton State 7 - Bossier
Parrish CC 1

Goals (Assists):

First half
Melissa Reid (Bo
Hartley Davis)
BP goal
Kristen Knarr
(Angela Tudisco)
Brittany Hobson

Second half:
Melissa (Brittany)
Bo Hartley Davis
(Melissa)

Alina Bentley (Katie
D'Alessandro)

Monica Robinson
Saturday
Shelton State 1 - Hinds
CC 2

Goals (assists):

First half:
Melissa (Angela
Tudisco)

Second half
Hinds - 2 goals
**Away Stats Courtesy
of Joel Reid
Current Record: 11-2-1

Remaining Home
Games:
Monday, October 8/
Darton College @ 2 p.m.
Thursday, October 11/
Truett McConnell @ 2 p.m.
Saturday, October 20/

Georgia Perimeter
Community College @ 2
p.m.

**Special Note: The
October 20th home
match is marked as
the Breast Cancer
Awareness Game.**

**There will be t-
shirts sold, and all
players dressed in
pink jerseys to bring
attention and funds
to fight against a
disease that affects
so many. Support
the desire defeat this
terrible affliction.**

CL



College Lifestyles

By Michelle Bailey

Style is not just way the someone dresses or how she looks. Some people think of style as a way to express themselves and make a statement to the rest of the world. One of those people is 20-year-old Shelton State student Sloan Sanders. In a recent interview, she gave me her opinions on what influences her fashion sense and how she feels about the social pressures to blend in and not stand out.

Describe your style?

"Weird. Funky. I'm a little bit of everything. I'm different every day. Sometimes I want to be elegant and other times I want to dress tacky, but cute."

What's with the lip ring?

"I've had it for three years. It's something I've always wanted to do."

Do you feel like people judge you negatively because of the way you dress?

"People think I'm weird, but I don't pay attention. I don't dress for other people. I dress for myself."

Does their negativity discourage you from being more experimental?

"I don't care about what other people think. My parents don't like it, but I'm not going to change."

Where do you shop?

"Everywhere. I like the thrift store, Target, Gap and Anthropology."

How much money do you spend on clothes?

"At the thrift store, I won't spend more than three dollars. I don't like to spend a lot of money on clothes there because I like to cut them up and make tank tops or skirts out of them. At other stores I won't spend more than twenty dollars but there have been times when I've spent two hundred dollars on a dress or a skirt, but it's rare."

What kind of items grab your attention?

"Breezy skirts. I'm really into necklaces. Especially the ones with gemstones. They carry spiritual meaning."

Do you follow trends?

"There's nothing wrong with following trends, but I'm more the opposite. If something is in style then I won't want to do it. Like belly button rings. I wanted one but everyone had one. I do make exceptions if I think the trend is cute."

Do you think of yourself as a trend-setter?

"No. No one wants to follow my style. I show my friends how to cut up clothes and make shirts into tank tops. I influence my circle of friends."

Does television or magazines influence you?

"No. I don't have cable or Internet service. I do go to the library and read and

use their Internet service, but not at home."

Do you think television and magazines put pressure on young adults to look a certain way?

"Yeah. They decide the style. They predict what's going to be in style six months in advance. They take away choices."

Does music influence your style?

"I've been listening to Panic since I was 7. I also listen to Pink Floyd and the Grateful Dead. I'm also a member of the Rainbow Family of Living Light. It's an unofficial organization that has gatherings every day. I hear different types of music there, too."

What do you think the style at Shelton is like?

"Everyone dresses the same. There are people who do want to dress differently but they're afraid."

What would you like to tell people who are afraid to be themselves?

"Don't be scared to wear something out of the ordinary. Wear what you want to wear."



Shelton student Sloan Sanders doesn't follow trends; she'd rather set them.

"If something is in style, then I won't want to do it."

Photo by Tom McFall

Courier Poll: What do you do in your free time?

In the latest survey, random students were asked, "How do you spend your weekends?" Society would make the assumption that the average student becomes intoxicated and parties all night. That is not entirely false, but some of you spend your time doing other, less-harmful activities.

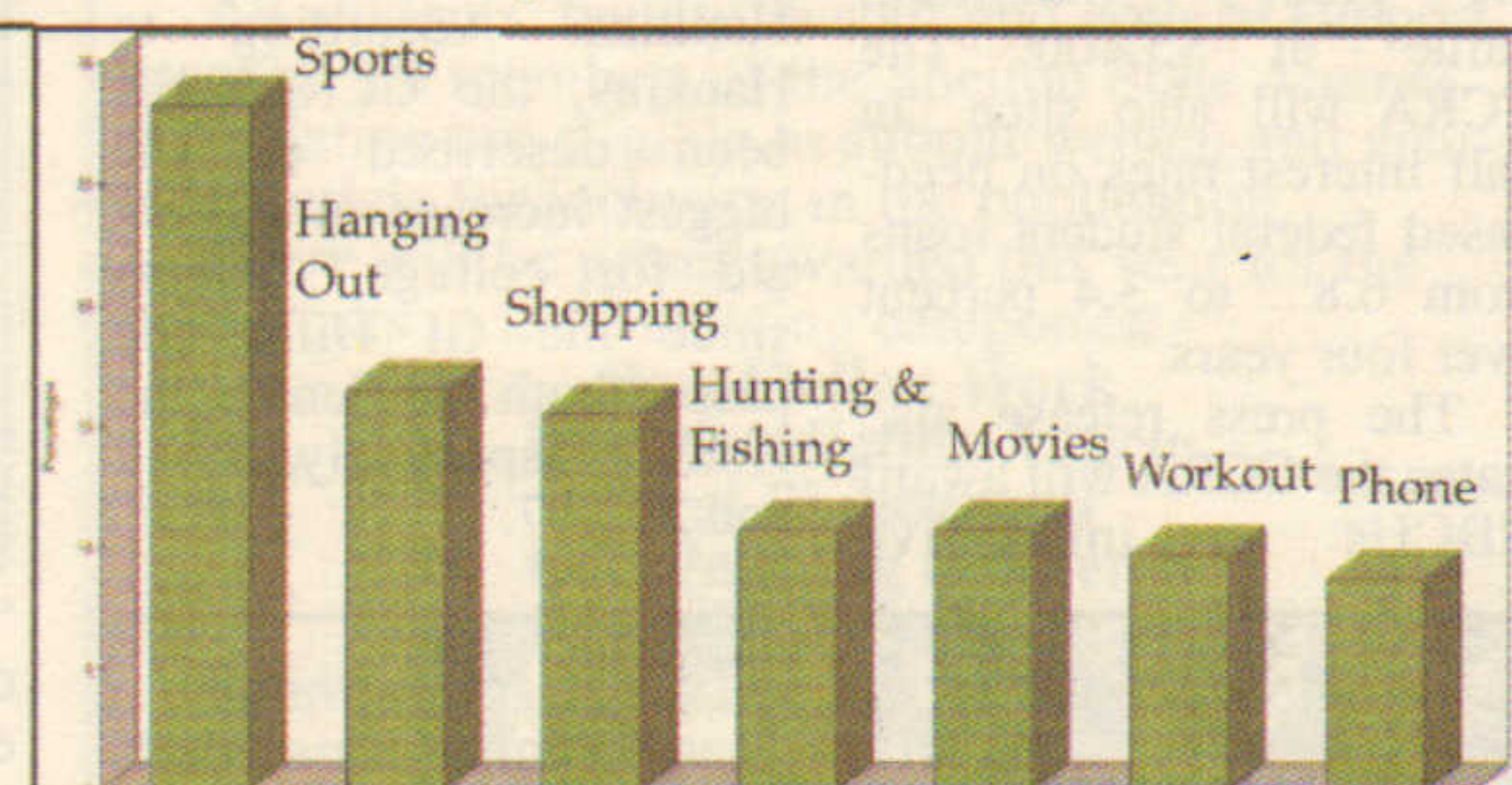
Sports was voted the best activity among the students surveyed. Whether you are on the field, watching from the sideline, or watching it at home, most of you consider it the best way to spend your free time.

Even though sports was voted number one, it wouldn't be nearly as fun without

someone to cheer with you. Hanging out with friends, family, or that special someone is considered very important. Those relationships are improved by talking on the phone, going to movies, and shopping together.

When you're not spending times with your friends or cheering for your favorite team, some of you are appreciating the beauty of nature by either hunting or fishing. Others go running, which was the most common form of exercise.

It doesn't matter what you do outside of school, as long as you're doing something. Have as much fun as you can because the next few years can never be repeated.



5-Inch Review

The Heartbreak Kid

This Farrelly Brothers production somehow got an R rating for a film that should have been rated at least NC-17.

Storyline:

Eddie, (Ben Stiller) attends the wedding of a woman he dated for 5 years. Unable to make a commitment, he finds every excuse to avoid the matrimonial plunge. With encouragement from his father, (Jerry Stiller), and brother, (Rob Cordry), Eddie falls for Lila, (Malin Akerman) whom he meets through an outrageous encounter. Eddie marries Lila to prevent her from leaving the country on a two-year tour for an environmental project in Holland. Seeing her true colors right away on the car-trip to Cabo San Lucas, their honeymoon destination, it doesn't get any better. Once there, Eddie meets Miranda, (Michelle Monaghan) and her eccentric family. An unfortunate incident forces Lila to stay in the room long enough for Eddie to get involved with Miranda. The plot thickens with every moment as Eddie juggles the complications of handling his new bride and the woman of his dreams.

Opinion:

Guys: Do not take your girl to this film, especially if it's a first date; it will be your last. If you've been dating for a while you'll never pick another movie. Gals: If you go with a guy, be prepared to be embarrassed and uncomfortable. I left the theater wondering how and why certain scenes came to be. There were funny moments, but not worth the crude scenes which were shocking to say the least. But, I guess that's what they were going for.

Rating: 1/2 CL. (And only because of the awesome soundtrack).

T.M.